



Photo by Jason Kerr

A woman walks past flowers laid at the Cenotaph in Regina in honour of Cpl. Nathan Cirillo and Warrent Officer Patrice Vincent.

Country mourns, reservists dig in

Jason Kerr

@Kerr_Jas

While Canadians mourned the deaths of Cpl. Nathan Cirillo and Warrent Officer Patrice Vincent, reserve units around the country were getting back down to business, despite the shock and sadness.

It was a sobering week for the country's 24,000 reservists, around 1,000 of whom are based in Saskatchewan. However, for both new recruits and long-time veterans, the feeling is the same. Their determination is growing.

"It just makes our resolve that much stronger," said Major Mike Lagace of the 38th Canadian Brigade Group based out of Winnipeg. "People don't join the Canadian forces, both regular army and reserves, because they are afraid. They join because they have a mission they believe in."

Lagace, a retired Winnipeg police officer, joined the reserves in 1990. He said reservists have a strong desire to protect their fellow Canadians, which is why it was shocking to see one of their own countrymen firing shots in Ottawa.

"The country sees a soldier very much like a fireman, where it's someone there to protect you," he said. "Whenever there's a loss of someone who's there to protect you, someone doing something just within his duty of a very sincere nature, and they're suddenly struck down for no apparent reason, then it becomes really, really shocking."

Lagace said it was a surreal experience to watch the events in Ottawa unfold. He watched a portion of Cirillo's funeral as well, calling it a sad event. He's saddened, but not intimidated by what happened.

It's too early to tell if those feelings will affect the force's
Reservists, Page 2

Canadian journalists keep cool during Ottawa shooting

Kailey Guillemin

@KGuillemin

All hell broke loose in Ottawa on Wed. Oct. 22 when a shooter shot and killed Cpl. Nathan Cirillo, a reservist who was standing guard at the National War Memorial.

But there was something that stood out that day that Canada can take pride in: our media coverage of the events.

Josh Wingrove, a parliamentary reporter for the Globe and Mail, was at Parliament Hill that day for a normal caucus meeting with Conservative MPs. "I was there at 9:30 that day chasing one story that didn't really pan out," he said.

Wingrove was sitting on a bench around a corner in Centre Block, working on a story from a scrum, when he heard a sound. "I thought it'd been a bookshelf falling," he said, not realizing at

first the shooter was down the other hallway from him. Curiosity got the better of him and he went to see what happened.

"I'm pretty active on Twitter... so my first instinct was to tweet it...because I know my boss would quickly see that," Wingrove said. He spent the remainder of the day being escorted from room to room under lockdown, tweeting out what he saw and heard.

But when it comes to at-your-fingertips news it can be problematic. "I think we did very well, sort of as a group," Bruce Campion-Smith, the Ottawa bureau chief for the Toronto Star, said about the overall media coverage. "The challenge with spot news is that it's such a dynamic and fluid situation."

Initially reports of three different shooting locations had occurred, but it was said to only be at two.

Campion-Smith said "it gives you a sense of how muddled and confusing that day was," as Twitter exploded with different reports from different news outlets.

For Campion-Smith, the important thing to remember as a journalist is to report on what you can see. "Focus on your own little view of the world...and treat everything else with suspicion."

Alfred Hermida, an associate professor at the University of British Columbia and author of *Tell Everyone: Why We Share and Why It Matters*, praised CBC's coverage, saying it was "very good, acknowledging the fact that yes, there might be things people were talking about...but also putting that in context saying this is what we've heard, we don't know if it's confirmed, we're checking it out."

"This is how we should be
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Shooting

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reporting the news today," Hermida said.

Rumours and speculations can spread so quickly through social media that we need to "reflect first then react," he said.

Wingrove made sure to only tweet what he knew while he was in lockdown. One tweet read, "I saw one motionless body outside the library of parliament. It appeared police had been aiming that (direction) with many gunshots." Another tweet right after read, "I can't confirm if the body was dead or if it was the shooter or an officer."

"It goes to show the power of social media in breaking news like that, there are stumbles for it, it just happens so quickly that the standard and thresholds end up being different," Wingrove said. "You don't have time to pour over tweets like you would a story."

"Twitter really wants us to live in the now, it wants us to react right away, real time information now," Hermida said. "Part of being a journalist is to acknowledge that these rumours are out there but let me help you put it into context."



Photo by Kailey Guillemain

Flowers lay across the war memorial in Regina's Victoria Park in honour of Cpl. Nathan Cirillo and Warrant Officer Patrice Vincent.

Reservists

from page 1

younger recruits. According to Statistics Canada, around 40 per cent of the countries reservists are under 25, compared to about 10 per cent of the regular army.

It also can take months for a reserve unit to accept a recruit so it will likely be almost a year before Canadians know how the shooting has truly impacted the reserves.

"I spent probably about eight months trying to get in," said Pvt. Jeff Rauscher, who was inducted into Regina's 10th Field Artillery Regiment on Oct. 28, the same day as Cirillo's funeral.

Lagace said the Canadian Forces doesn't want reservists talking about the incident because it's still such a sensitive subject. However, as Remembrance Day approaches, he said the event is only going to become more prominent.

"Canadians should be more aware of what's out there as far as what that means to be a Canadian forces member and this definitely tells the tale," he said. "Talking to others, including my commander and a few others, it just strengthens our resolve that we have a job to do, and that's protecting Canadians."

Have your say

We asked you what you thought of the Ottawa shooting coverage.

Tim Mack

"I think they scrambled to find experts and then they speculated using the experts. Again, it's trying to make it commercial more than making it informative."



David Tulloch

"I think they did a good job with the information they had, but there was more information that came out later that made me realize we didn't see the whole story that day."



Trevor Milne

"I thought the coverage was pretty good. I actually thought there was some better in depth stories out of the U.S. news."



Keith Lee

"It was almost like an adventure, but by the same token, these are people's lives. There is real death, and as media consumers we have to think what is our part in the process."



Keep the conversation going by tweeting us at @INKupdate.

Cattle prices reach record high

Megan Lacelle

@Lacelle_Megan

It was the perfect storm for cattle producers around Saskatchewan. Cattle prices have nearly doubled since last year. This means producers are leaving sales with fewer headaches and more smiles.

"Usually you walk into the sale ring, grab a seat and watch the calves go through, usually it's all doom and gloom, hoping you get a good price," Darrell Morvik said.

He's been around cattle all his life in the Eastend, Sask. area. "You never know, you work all year and you take all your chips to town on one day and play the big wheel; what you get is what you get."

He sold his black and red Angus calves on Oct. 20 and said it was something he'd never seen before.

"You looked around that day and everybody had a smile on their face, they just couldn't believe the prices."

Prices on all classes of steers has increased anywhere from 85 cents to \$1.72 per lb said Chad MacPherson, general manager of the Saskatchewan Stock Growers Association.

"The lowest price for the heaviest weights was \$2.20/lb and the heaviest was \$3.60/lb so then add, on the low end 85 cents to on the high end \$1.72 up from last year," he said.

"The prices are nearly double from one year ago."

This year's prices are bringing optimism back to producers around Saskatchewan and Canada MacPherson said, injecting much needed funds back into the cattle industry.

The last time prices even got close to this high was before BSE hit in 2003 said Ralph Oberle. He's been the owner and auctioneer at Shaunavon Livestock Services since 1988.

The discovery of BSE, commonly known as mad cow disease, in Canada in May 2003 caused the United States and other countries to stop importing Canadian beef. By the end of 2004, Statistics Canada reported a \$5.3 billion loss to Canadian beef producers.

"This has been a long time coming," Oberle said of the high prices. "And thank god it finally did."

A variety of factors created this record-breaking market.

MacPherson points to the weaker Canadian dollar, the cost of feed decreasing, and the change in the number of cattle produced in the country.

Statistics Canada reports that



Photo by Megan Lacelle

Cattle prices have nearly doubled in the last year. Chad MacPherson points to a shortage of beef for the hefty prices.

the number of cattle on Canadian farms has decreased 1.4 per cent since July 2013, with the total cattle inventory being 21 per cent below the 2005 peak. As well, the number of farms with cattle has decreased 2.9 per cent since 2012 in Canada.

"Everyone's been selling off their herds, so eventually the numbers go down and it creates a shortage, then the numbers go up, we hope," Oberle chuckled. "The total sell-off is probably not quite done yet; older people were waiting for these high prices to come."

MacPherson expects the price to stay strong for the next couple years, but whether it'll stay this high is uncertain. In the meantime, producers like Morvik are "happy, happy happy."

"Everybody is smiling and they're optimistic. They've got money to spend and it's going back into the economy and the community; it's making the wheels go round and it's really nice to see for a change."

Higher prices in the sales ring also mean higher prices in the supermarket. The average cost for a kilogram of ground beef is up \$1.90 from last year, costing around \$11.40, a 49.8 per cent increase from the price in 2010. Meanwhile, the average price of sirloin steak has risen from \$17.93/kg in 2013 to \$21.43 in September of this year, according to Statistics Canada.



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U of R manning up against abuse



Photo by Kaitlyn Van De Woestyne

U of R's Man Up Against Violence campaign is raising awareness about domestic abuse. From left: Brandie Magee, Kristy Christianson, Roz Kelsey, Nicole Stead, Emily Diede.

Kaitlyn Van De Woestyne @kaitlynvan

The University of Regina was hosting the Man Up Against Violence campaign from Oct. 27 to 31. The student-led initiative organized a series of speakers and on-campus activities to raise awareness around domestic abuse and promote healthy masculinity.

"(Domestic abuse) doesn't have the awareness that it needs, creating more awareness is always better, but this being a man's issue I think it sometimes gets neglected," said volunteer Todd Jones.

"Typically, if you're a man the ideal of a man is to have your chest puffed and we're saying it doesn't have to be that, you can be kind, you can be gentle and you can be respectful towards women," said the campaign's athletic representative, Addison Docherty.

Docherty said, traditionally only women have spoken out about domestic abuse. He hopes the campaign will assist in changing that mind set and include men in the conversation.

"If you're not questioning what the man is doing, then you're not getting anywhere."

To do this, the campaign encourages men to support the message about domestic violence. However, many women also participate in the campaign.

"As a woman you can never truly know what it means to be a man and only a man knows that. Men speaking to men is a good way to show a healthy relationship and healthy masculinity," said volunteer Brandie Magee.

Saskatchewan has the highest rate of domestic abuse of any province and twice that of the national average.

"Women like me are supporting our peers and helping them spread the awareness."

Magee adds the campaign also has a strong message for women.

"It's important as a woman not to think of men in a negative way and that they actually have a lot of power to change what is happening," she said.

According to Statistics Canada, Saskatchewan has the highest rate of domestic abuse of any

other province and twice that of the national average.

Docherty said the campaign is paying special attention to U of R's athletic teams. He said with the recent abuse scandals in major league sports it's an important conversation to have.

"It's a good mediator for talking about violence against women. When we're dealing with the athletes we talk about what's expected in sport like aggressiveness and competitiveness and ... how people take

ing the campaign's first year, but they're very happy with the response.

"It's been very well received, we're seeing lots of our toques and shirts all over campus and it's only getting more popular," said Jones. He added that some classes will even be using class time to see Katz's presentation.

However, Docherty said there is still room for improvement. While he is very pleased with the turnout he wishes more men would commit to the cause. He

those same ideals and they apply them to their relationship outside of sport," he says.

The campaign had organized events including panel discussions with gender experts and a screening of the documentary *Tough Guise 2: Violence, Masculinity and American Culture*.

The keynote speaker, Jackson Katz, will give a presentation on Oct. 30.

Organizers say they weren't sure what to expect with it be-

said there is too much of what he calls "passive resistance". Many men are supportive and pleased with the message of men taking on domestic abuse but, many are still not yet applying the principles.

Docherty said men face a lot of pressure to be manly and keep loyalty with other men, which can make the transition difficult, however the campaign is promoting a step in the right direction.

Success before and after graduation: the UR Guarantee story

Alex Soloducha

@alex_soloducha

The UR Guarantee program at the University of Regina is known for its fairly obvious incentives.

If students who complete the program while taking their undergraduate degree don't find career related employment within six months of graduation, the university will bring them back for another year of undergraduate classes for free.

The program has been criticized for being too job-oriented for a university, but students are signing up this year more than ever.

As of fall 2014, the program has almost 1,000 students taking part.

Jocelyne Paulus, originally from Battleford, is taking education at the U of R. She said at first she was apprehensive to join UR Guarantee but her mother saw a poster when she was helping her move into residence.

"She made an appointment for me to go meet with one of the advisors and I ended up really enjoying it, so I stayed," said Paulus.

She said the program is somewhat of a comfort for her.

"I like knowing that there is someone there, in case I just have an awful week I can go talk to someone," said Paulus. "And I really liked all the events that they plan."

An appreciation for the UR Guarantee events started when Paulus was 18 years old and in her first year, she said. According to her, most other activities for students, on and off campus, seemed to be geared toward those above the drinking age.

"Having the UR Guarantee socials, it was really nice because I got to go to something and meet new people," she said.

The events include prizes, food and mixer games, something Paulus said really helped her.

"Coming from a small town and not really knowing anyone... it gave me a chance to meet people," she said. "One of my closest friends now, we're both part of the UR Guarantee program, so I guess we kind of bonded over that."

Beyond the socials, UR Guarantee students are expected to par-



Photo by Alex Soloducha

Jocelyne Paulus has been in the UR Guarantee program since her first year at U of R.

ticipate in a certain number of career-building activities. They also take part in community service and campus engagement. Paulus is a U of R ambassador.

She was also encouraged to take part in UR fit classes, choir and residence activities, all in her first year.

"It's basically getting you as

Fine Arts. She said the philosophy of the program is to help prepare students for what comes after they complete their undergraduate degree and is catered to individual students.

"While they're in school we help them try to reach their education, career and life goals," she said.

"Students who have completed the program have gone on to do amazing things."

-Coby Stephenson, UR Guarantee advisor

involved in campus as you can be," she said. "You can put these things in your resume just to make you look more employable."

"It's nice; it's a break from academics."

Paulus said she thinks the program could offer something to every student at the U of R.

"I've recommended it to all my friends who have come from Battleford and are coming to the U of R," she said. "I've told them to at least give it a try or go talk to someone about it."

Coby Stephenson is a UR Guarantee advisor for students in the Faculty of Arts and the Faculty of

According to Stephenson, there are three main areas of focus: academic success, student engagement and service and leadership.

She also stressed that the perk of 'free school' is not the basis of their program, contrary to popular belief.

"The goal of our program isn't free school... it's to help students be successful," said Stephenson. "We prepare them before they even graduate so they know what it's like out there."

This 'back up plan', as Stephenson referred to it, is also one that they haven't had to use since they started in the fall of 2010.

"So far, we're doing very well and no one has come back for the free school," she said. "We have students in grad school now, students who have gotten into medical school, optometry school or students who have gone directly into the work force."

"So...so far, so good."

Stephenson also said that there is a harsh fact that students still have to understand.

"Degree doesn't equal job, and I guess that's the biggest concern."

She said post-university employment depends largely on how ambitious students are and how they go about the process.

Her tips? Start networking while in university. This could include the co-op program, she said, or any type of professional placements offered in your faculty. Academic success is vital, according to Stephenson, who said it is too much of a financial and time commitment not to put effort into. Lastly, she said it helps to be involved on campus or in the community.

"Students who have completed the program have gone on to do amazing things."

The other side of Rider Nation

Rikkeal Bohmann

@RikkealBohmann

For some, wearing a watermelon is a sign of pride, for others, it's just crazy.

"There's this thing with watermelons that I don't understand," said Olivia Rozema.

When Rozema moved to Regina in late summer from Ontario, she didn't know what to expect of her new home in Rider Nation. Her first experience with it came only a few short days after arriving in the Queen City.

"I left my hotel room and suddenly everything was green and the city was honking and there was gridlock and people yelling. It's sort of like Regina is the Hulk and overnight had turned into this green monster," she said.

She described walking down the street and a sea of people in green honking and screaming.

"Outside looking in, it's like stepping out into an alien planet when you leave your room on game day," she said.

Rod Pedersen, the voice of the Saskatchewan Roughriders for CKRM, called Rider Nation "its own distinct society."

He said some people take their Rider pride too far, though.

"I left my hotel room and suddenly everything was green... It's sort of like Regina is the Hulk and overnight had turned into this green monster."

Pedersen recalled the movie *Fever Pitch* starring Jimmy Fallon and Drew Barrymore. Fallon's character, an obsessed Red Sox fan, is asked, "You love the Red Sox, but have they ever loved you back?"

"That's something that Rider fans need to remember. I'm not saying the Riders don't love their fans, but be a little more grounded here. I don't think it should affect your mood for a couple days

after the game, but it does," he said.

In the past, fans have even taken their game anger directly out on the players.

In 2004, kicker Paul McCallum received threats from fans, had his house egged and had manure dumped on his lawn after missing a field goal and a chance to secure a trip to the Grey Cup in overtime.

Last year, when the Roughriders lost their fourth game in the fall, Pedersen had a friend text him that he was done with the team because they always break fans' hearts. When Grey Cup week rolled around, Pedersen saw him at the Rider Store buying merchandise.

"And, I said, 'I thought you were done!' and he said, 'Well, I was upset!'"

Pedersen has learned to give fans 24 hours to cool off after games.

On the other hand, Pedersen has experienced the positive Rider Nation love across the country.

"When we're on the road for a game and I'm out for a run outside and I'm wearing Rider gear, and I run into someone wearing Rider gear... they always smile or just nod. So, that's the Rider nation... you're either part of it or you're not."

Last season, the Roughriders earned more than \$11.1 million

from regular season and Grey Cup merchandise.

This not only broke records for highest merchandise sale revenue for the Canadian Football League, but also put the Roughriders in third place for highest merchandise sales of all Canadian sports. They only fell behind the Toronto Maple Leafs and the Montreal Canadiens.

It's a completely different story, from the team that had to hold telethons



Photo by Rikkeal Bohmann

In 2013, the Riders broke CFL records for merchandise sale revenue.

about two decades ago to keep afloat.

Pedersen said, the Roughrider pride began to take off in 2007 once the Saskatchewan economy exploded, along with the population.

"We had a bunch of new fans, we had a lot of young fans, and a lot of them had money to spend on the team. And, that is the crest that we have been riding ever since," he said.

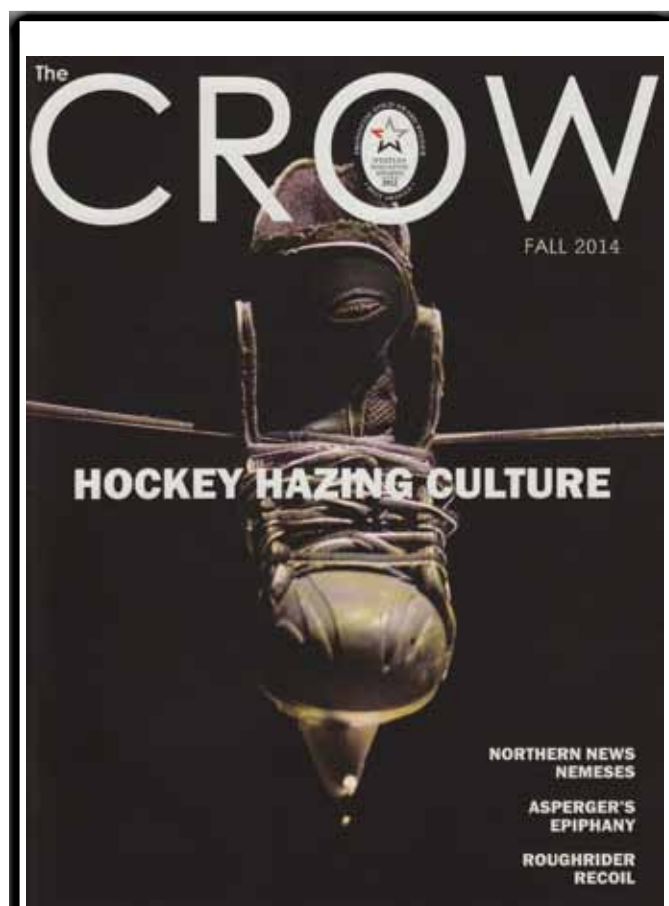
-Olivia Rozema

But, nothing lasts forever, Pedersen said.

The Roughriders have made 19 appearances at the Grey Cup, but have only won it four times, including last season's 101st Grey Cup home win.

"The Riders didn't get to where they (are now) without winning a lot and appearing in Grey Cups," Pedersen said.

What happens if they start losing remains to be seen.



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Descalso back in old stomping grounds

Khang Nguyen
@khangvnguyen

After playing at some of Montreal's most prominent venues like Club Soda and Le National, the boys of Descalso still consider their shows in Regina some of their best, and they hope to make more memories now they're home.

"Nothing like playing a show in your hometown," said lead singer, Cristian Moya.

The Regina-based band has been a prominent force in the local music scene for years and after a two-year stint in Montreal, they are back in the Queen City for good.

Descalso, which means "bare-foot" in Spanish, formed out of jam sessions of high school friends Cristian Moya (vocals, guitar), Paul Lucyk (guitar), Neil Robinson (bass), and Gaelan Malloy (drums).

The band quickly became known in Regina for their lively shows, reggae/pop sound and their trademark of playing bare-foot.

"There were a lot of milestones then – the golden age of what we were doing," Moya said, laughing. "We did an album back then ... played a lot of shows, we were playing every second week, and people were starting to notice us."

Their first full-length album *On My Feet* was released in



Photos by Khang Nguyen

It's been a while since the boys of Descalso have played O'Hanlon's, but they packed the place on Oct 24. Below: Bass player Neil Robinson, left, and lead singer Cristian Moya.

"It just felt right to go to Montreal. We talked about it, and we just said forget it, let's just pick up and go."

"We just wanted to kick it for a bit. Live that musician's life and see if anything could rise out of it. We wanted to test the scene, test the waters and see what we were made of," said Moya.

Descalso spent a total of two years living in a two-bedroom apartment in downtown Montreal.

we made a single cent. We did two months of touring. We had to pay for food and gas and by the time we made it back to Montreal we would have been crazy broke, but we played those two shows in Regina and we had just enough to make it back and pay rent," said Malloy.

After their tour, the prospect of moving back to Regina began to grow.

"It was pretty chaotic at the

"We just got fragmented after a bit. We're like a big family and when one part fails, it just stops spinning the right way. We started distancing from each other to the point where we weren't even talking anymore."

Moya, Malloy and Robinson all agreed to pack up and come back to Regina, but Lucyk decided to stay in Montreal.

The trio has been back in Regina for three months, and even though they have lost a member of the band, they have been hard at work getting back to the "glory days" of the past.

"Saskatchewan is great for music for now. The scene here is cool. We've only done a couple of shows since we've been back but each one has been cool," said Malloy. "I think the scene is more potent than in Montreal. It's a bit more watered-down in Montreal. Everyone is playing this and that, and there are so many musicians around."

The band hopes to release an LP, which was recorded in Montreal, in 2015. Besides that, they hope to make it into some festivals and write and play more shows.

"When I first started writing songs, my life hadn't given me enough experience to write about anything interesting other than I got a crush on a girl, or that I'm pissed at my dad," said Moya. "Now we have a lot more experience and a lot more to talk about."



2012. With it came a sold-out CD release show at the Artesian, one of their most memorable shows, said Moya.

Shortly after their CD release, Descalso moved to Montreal to pursue their musical careers full time.

"We just wanted to beat the shit out of a music scene," Moya said.

They were living the musician's lifestyle. Besides part-time jobs in the food industry, they spent most of their time playing music and partying.

The band was also able to do a cross-Canada tour, giving them the opportunity to do a couple of homecoming shows in Regina.

"Regina is the only reason why

time. A lot of things were falling apart," said Moya.

The band's truck was impounded for unpaid parking tickets, which caused Moya to go into debt.

"On top of that, as a band, we just weren't producing anymore. We were so static. Everyone was just living their own life," he said.

Column: Adventures in Bangkok



Photos by Adam Gamble

Crowds of colourful partiers enjoy the festivities on Oct. 8 at the Full Moon Party in Koh Phangan, Thailand.

Adam Gamble

@GambleAdam

A challenging adventure that continues to educate me, and take me places I never would have thought I'd go to.

This is how I would describe interning at the Bangkok Post for the past two months.

I honestly had no expectations before coming here, other than that I would, without a doubt, learn what it's like to be a journalist in a big city—and, more challenging, a foreign one.

And I sure am learning.

The days are stressful, there's no doubt about that.

The language barrier seems to become an issue at least once a week, if not more, so speaking Thai has become instinct.

I've travelled throughout Bangkok and Thailand to cover stories, which I've had to illustrate and file on-the-go: the evolution of the Full Moon Party in Koh Phangan and the murders of two

Britons in Koh Tao, for example.

Chasing these stories was pretty wild.

I've witnessed corruption, been offered drugs and been threatened by local businessmen. In Bangkok, I've gone undercover as a model.

Along the way, I've met established journalists, which, to me, was comparable to, a kid, meeting Santa Claus around Christmas time—total excitement.

But, what has made my experience so great isn't meeting these people, crazy happenings or learning from daily challenges. It's that I learned to speak Thai before coming here, and in doing so, I've been able to immerse myself with the people who make up Bangkok.

Every weekend, to prepare for the following week, I pick a place in Bangkok, and head there for the day to meet people.

I never know who I will meet, what I will learn from them or what I will do there. Yet, I always bring back something.

Sometimes it's memories in the form of photos with locals, sometimes it's friendships, sometimes it's knowledge obtained from chatting with a stranger over pork and rice at a street-side restaurant.

One Saturday a few weeks back, I went to Little India in Bangkok, where I met a woman making decorations for katongs (bread) which people float down rivers during the Loy Katong festival. After meeting her, I walked past a group of students, who said hello to me in Thai, and when I heard them, I turned around and to their amazement, started a conversation.

It was cool. Something as simple as an acknowledgement went a long way. We would talk for close to an hour, sharing smiles and laughs, as I tried my best at Thai, and them at English.

Another Saturday, I went to Songwad, near Bangkok's Chinatown area, where I came across an area full of machine and fabrication shops.

I ended up eating at a small family restaurant there, meeting the owners and their kids, who, it seemed, had never seen a foreigner sit down and eat a bowl of noodles before.

I later came across a man fabricating pipes, who, at first, couldn't understand that I was asking him: "Is this aluminum?" and "How long does it take to cut one pipe?"

Once I did my best in speaking with a Thai accent, he understood me, and we laughed.

It is times like these that have also led me to story ideas, like one I recently wrote about Vintage Vespa Thai, a unique restoration shop in Songwad, where I was invited to eat dinner after I interviewed some of the restorers.

If I was to go back to last October when I applied to come here to chase my journalism career, I wouldn't change a thing.

I'm having fun on this journey and I'm not doing it alone.

